



UNLOCK YOUR POTENTIAL

GET SCREENED AND BEGIN PERFORMING AT YOUR BEST



move
well.
move
often

The Functional Movement Screen tests seven fundamental movement patterns that are key to identifying your functional movement quality. The process provides a reliable baseline for actionable and effective steps to improve your performance and recovery.



SEVEN
MOVEMENTS



CUSTOM
PROGRAMS



TRACKABLE
PROGRESS



FREE FUNCTIONAL
MOVEMENT SCREEN
ARTICLE DOWNLOAD

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